

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF **MO.** **YR.**

Name: _____ Sex: M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

What is a File of Life?

- Saves critical time- Your medical information is written down ready to be utilized by immediate medical personal.
- Benefits Everyone- Medical personal have your medical information if you or a family member are not able to provide it.

Instructions

1. Place decal where it is visible (front door, window, outside bedroom door, bathroom mirror, next to bed)
2. Use PENCIL to complete information card so changes can easily be made.
3. PRINT the information so it is legible. Ask a friend for help if needed.
4. If you have any questions about the medical or medication information, check with your doctor or pharmacist before putting on card. This information needs to be accurate.
5. Keep the information up to date. This is very important as first responders rely on the information for your treatment. Place the date any changes were made to your card at the top. Review your card every 6 months and change the date you reviewed it at the top of the card.
6. If you have a "DNR"(Do Not Resuscitate) card, make a copy of it and place in the pouch with the information card.
7. Place the magnetic pouch, with the information card inserted, on your refrigerator door where it can easily be seen.

To obtain a free File of Life contact Ben Lomond Fire at 831-336-5495 or pick up during business hours at 9430 Highway 9 Ben Lomond Fire.